

# HOW TO SUBMIT YOUR **KYORUGI** VIDEO

## WTA International Associate Instructor

# SHOW YOUR KYORUGI

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**SUBMIT TWO PERFORMANCE VIDEOS**

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**Free Kicking (within 1 minute)**



**Target Kicking**

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**Each evaluation item must be recorded and submitted as a separate video.**

**No explanation is required.  
Simply demonstrate your  
technical ability, speed, and control.**



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WORLD TAEKWONDO ACADEMY

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# **FREE KICKING**

## DEMONSTRATE YOUR KYORUGI MOVEMENT

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Applicants must perform free kicking techniques within 1 minute.

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**Speed**



**Accuracy**



**Balance**



**Continuous kicking ability**

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**Show your technical control and  
kicking performance.**



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# **TARGET KICKING**

## DEMONSTRATE ACCURATE KICKING TECHNIQUES

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Applicants must perform target kicking techniques.  
Use a target holder or kicking pad.

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**Accuracy**



**Power**



**Timing**



**Technical execution**

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**Please refer to the sample video of  
the Kukkiwon 3rd Class Master practical examination.**

**Sample Video:**  
**<https://youtu.be/-O6L6lOgTDc> (Start from 1:50)**



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# INSTRUCTIONAL PRESENTATION

# APPLICATION OF BACK KICK

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**Applicants must submit a teaching demonstration video.**

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**Application of Back Kick  
in sparring situations**



**Up to 10 minutes**



**Delivered in the selected language**



**Demonstrate instructional method  
and teaching ability**

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**Assistant may be used during the demonstration.**



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